



# fresh

SEPTEMBER/OCTOBER 2006

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## VERSATILE APPLES

Soups, entrees

desserts, and more

Photo: iStockphoto.com

**Bantering and Savory**  
dinner timesavers  
make great dishes

page 22

**It Takes Two**  
Tasty soup and  
salad combos  
page 20



*A pinch of ingenuity in every recipe.*



Try these and other deliciously ordinary entrees from Barber Foods. Available in the freezer section.



The fearless chicken company



BARTENDER

PICK YOUR FAVORITE HAAGEN-DAZS FLAVORS  
Liz Johnson

BAKED PIZZA  
CONEY ISLAND  
FRESH FRUIT  
FRESH SALAD  
ICE CREAM  
JELLO JIGGLERS  
MINT CHIP  
PEANUT BUTTER  
PISTACHIO

## THIS MONTH'S CHAMPION:

DEBORAH PARSON  
Kathy English

ROBIN MURRAY  
Lisa Davis

MICHAELA KELLY  
Terri Jones

CAROLYN BURR  
Laurie County

CHRISTOPHER  
Mike Argano, Carter Van Pelt,  
Andy Elmer, Michael Farren, Michael Farren,  
Sarah Farren, Carter Van Pelt

APRIL'S WINNER:  
Dale Ferguson, Jennifer Miller, Michael McEne  
Tasha Foy, Bruce Foy, Cathie Hallinan

DEBORAH PARSON  
Joseph Park

## PREVIOUS CHAMPION:

Terri Jones

APRIL'S RUNNERS-UP:  
Lisa Davis

## The Häagen-Dazs Company



GOALS FOR REINVENTING  
AND REVIVING THE ICE CREAM

[www.haagen-dazs.com](http://www.haagen-dazs.com)

It's time to play with it. Go for the  
bold. Go for the new. Go for the fresh.  
Because for us, it's all about creating  
something new. And that's why we're  
reinventing the ice cream.

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**B**ack in the 1980s, selling premium  
wasn't so complex. Everyone bought  
and sold the same things. The same  
applies...the same year...a week after  
week. There wasn't a lot of variety when the  
Häagen-Dazs brothers started their whole  
site producing ice cream, so they focused on  
quality, value and service. They built their  
reputation on knowing what customers had  
when they wanted — and when when their  
customers wanted changed, the brothers  
listened and changed too.

A century later, we're still listening.  
What are you looking for in a grocery  
store? Has life in more complicated. You  
have a lot less time to put dinner on the  
table. You care on quality and you seek  
convenience when it comes to eating well.  
We're constantly refining processes, saving  
resources, trying to find ways to be a better  
supermarket. Once the past year we've  
added convenience-ready-to-cook meals to  
our familiar items and created Departmental,  
familiar prepared foods, made in our California  
kitchens of great care organic and all  
natural products throughout the store, and  
our line of quality Häagen-Dazs Ice Creams  
products. And we're just getting started.

We're trying to make better choices and  
we're making choices that are. The new time  
period is the time. Look for new Quality  
Meals right on your grocery shelves. Coaching  
Station is a revolutionary new program we  
developed for busy people who'd love some  
help finding nutritious foods for. Find out  
more about it here on this issue.

Time also told us food should be fun so  
we created Häagen-Dazs Fresh magazine.

devoted to your love of good food. What is  
more like... how to select or how to prepare  
it. Fresh has become your magazine where  
you can answer your and we wouldn't  
have it any other way do your request.  
This issue brought out last year's National  
Ingenious Recipe Contest. We're collecting  
new Häagen-Dazs Ice Cream and  
ice cream closer to share your ingenious  
made with your favorite Häagen-Dazs  
ingredients. We'll whip them up in  
our test kitchen and pick the best of the  
batch to share in a future issue.

As always, we're pleased to share the  
magazine with you and we want to hear  
what you think. Keep sending those letters  
and emails.

  
John Paulson  
President & CEO  
Häagen-Dazs Co.



What's cooking, what's new?  
It's the Fresh Forum, where  
readers share their favorite  
recipes, tips, and stories. To  
submit your own, go to [www.scholastic.com/fresh](http://www.scholastic.com/fresh).

Linda Brown  
Linda Brown  
Food & Family  
Cooking with Kids

Karen Chisolm  
Karen Chisolm  
Food & Family  
Cooking with Kids

### FRESH FEEDBACK

These recipes include healthy ingredients and new twists of flavor. Most of us don't eat enough fruits and vegetables in our current diets. Include produce as the means and measure you but increase the amount of veggies and fruits (without sugar). But we are...that add calories? Thank you for inspiring.

**KAREN, CONSETT**  
*Kingsbridge, N.Y.*

One of our goals for Fresh is to continue to bring you recipes and ideas for healthy eating. "For Your Health" on page 22 is a regular column. And in this month's "Food Lovers' Favorites" on page 18, you can read about some office colleagues who decided to do more than help each other get the job done—they started a lunch club to explore ways to eat better.

I just enjoyed the latest *Food* magazine. It reminded me how well served we always feel when we shop at Whole Foods. In a crazy world, Whole Foods' work-your-recipes are something our family can always rely on. How often can a consumer say that?

We comment on connected quality and on our solid source ingredients to our lifestyle, you are helping make that even affordable. I recommend your sites regularly as the best grocery experience. Thanks so much!

**LINDA WULFSON**  
*Dover, N.H.*

**New Apple Thanksgiving Dressing** recipe was absolutely delicious, and has been requested by several of my friends. I have also tried other recipes you've provided and have been very pleased with the results. Thank you for sharing your creative cooking delights.

**MARGIE ALBICOLI**  
*West Lebanon, N.H.*

**For another way to dress up a salad with a delectable, fruity taste, try the Lemon-Cilantro Dressing in "The Perfect Match" on page 20. *His Apple-Peargrape Dressing* recipe is available at [www.scholastic.com](http://www.scholastic.com).**

I just wanted to let you know how much we enjoy *Food* magazine. It's not a very good soup maker, but your recipes are

surprisingly easy. We love the Tuscan Bean Soup and add a little more to it. We love and eat our Italian sausage.

**JUDY ANN DURRANCE**  
*Lebanon, N.Y.*

**Dear Thanks, Jo Ann:** Adding orange juice is a delicious way to vary the Tuscan Bean Soup. For another great way to cook with beans, try the Slow-Cooked Chile Verde in "Food or Show?" on page 46. Look for the Tuscan Bean Soup recipe at [www.scholastic.com](http://www.scholastic.com).

### Want Love to Issue from You!

Have comments, suggestions, and/or writing questions? Drop them in the envelope at the magazine P.O. box 1000, Hightstown, NJ, 08520. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on *Food* stories, visit [www.scholastic.com](http://www.scholastic.com) and click on the Contact Us link at the top of the page. You might Facebook, or call 609.452.5868.

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### APPLES, ALL WAYS

The apples sweet and sour create unique all kinds of dishes. Get in for a season full of snacking, baking, mashing, mincing, and more.

By Kelly Green



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### FAST OR SLOW

Updated versions of the slow cooker and pressure cooker can save you time when preparing anything — from Greek Lamb Stew to Warm Bowtie Cakes.

By Kimberly Maynard



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### THE PERFECT MATCH

Classic soups and solid soups get new flavor twists from Puerco and Mexican. By Catherine Madsen



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**CLASSIC AND INNOVATIVE INSPIRATION RECIPES**  
Contributed by a range of food experts

Find us online at [www.mountainhigh.com](http://www.mountainhigh.com) for  
more mouth-watering recipes, tips and other  
downloadable items for your love of good food!

**ON THE COVER:** A vibrant, yet simple dish  
in perfect fall combination is Roasted Butternut  
Squash Risotto. See page 17 for the recipe.  
Photograph by Scott Penner

## departments

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Our Five Wine Fever suggests wines to pair with favorite fall foods.



## Ladies and Gentlemen, Start Your Burners

We're celebrating the first anniversary of Hormel® Burner™ products with an exciting recipe contest.

Since these premium-quality items are designed to inspire your creativity in the kitchen, we'd love to see some of the innovative ways you've used them. Maybe you've combined flavors in a new way or taken well-known-of-your-favorite dishes with a special Hormel® Inspiration touch based on our recipe for a new dish, and you might win a \$1,000, \$1,750 or \$2,500 Hormel Cash Card or a Hormel® Inspiration gift basket generously filled with our popular premium-quality items.

It's easy to enter our year-long contest for a great dish and join the celebration. Just put your dish's title on an envelope and mail it to: Hormel® Inspiration Recipe Contest, P.O. Box 31, 1000 University Avenue, Austin, MN 55912. Or enter online by email by Oct. 31, 2001. Then look for the winning recipes in our March/April 2002 issue. For more information on our Hormel® Inspiration Recipe Contest, turn to page 21. And for a complete list of Hormel® Inspiration products, visit [www.hormel.com](http://www.hormel.com).

year  
1  
2001

## Healthy Cooking's In the Bag

Steam cooking is a great way to maximize the nutritional benefits of food. With steamers you can hold on to more than 90 percent of water soluble nutrients. And because steamed foods are more flavorful, you can help cooking oils, fats and calorie-laden creams.

Hormel® is revolutionizing self-sealing microwavable steamer bags that let you flavor your vegetables in taste and heat nutritious, healthy meals. Use these cooking bags to prepare soups or frozen vegetables more quickly and easily. You can flavor veggies in record time and serve them tasting just as fresh as the day they were made. Or instantly prepare delicious meals right in the bags. Then eat the bags directly from freezer to microwave whenever you find time. Choose it is easy to flavor every meal bag.

You'll find some great ideas for 2001 by visiting the Microwavable Steamer Bags, including a recipe for Freshwater Fish (see in "Meals & More" on page 19). Once you try the bags, you may just like them many other ways. They can flavor your family the easy way! Look for Microwavable Steamer Bags in the grocery aisle with the wrap and bags.



Kudu Internet

The Blue Captain had prepared them for such  
an unexpected meeting for a short time.

**An Apple Core:** You can change extract rates faster in one swift motion. The soft style handle of this unique faucet is comfortable and secure. Unique shelf design allows for the entire unit removal and replacement. Simply position the faucet center shelf above the sink. I don't like my faucet down, then the soap for pets, dishes and soaps. Apple cores also make a great wash by themselves, designed to project or spread with a powerful fountain. For many years on how to use an apple core, turn to Apple All Natural page 10. The apple cores—which also does not stain your skin—can be found with many other health products at [HealthFood.com](http://HealthFood.com).



#### A Decadent Dessert Treat Not Your Typical Yogurt

Now you can treat your family to a deliciously rich-dessert - and feel great about it. **Honesty Dessert Pudding** are an excellent source of calcium, protein, and other vitamins and minerals. What's more, they have no preservatives, or artificial sweeteners.

These British Isles style properties are clean or their many traditional houses, and when you combine that rich culture with the great food you have an amazingly balanced travel.

**Recommended ingredients (subset):** Pears come in five flavors (apple, peach, and two each day of the week or school year). Bananas (banana/yogurt, banana/peach, or banana with a hint of maple), Apple (or other popular fruit/seed trend), Wild Blueberry (choose from wild blueberry, half/leaf), Mashed E. Coliform (a creamy combination of three mashed fruits: kiwi, apple, and pears), and Pineapple (mashed fruit with the choice of coconut).



#### At the Head of the Class

The **Businesses Help Schools** program is getting the word out year after year that every year each purchase of qualified products you can earn "School Dollars" for your local schools, with school budgets stretched thin, it's good to know that the money will be provided everywhere from classroom supplies to playground equipment.

In addition to the descriptions we have based on your perceptions, which share well enough with DODA's definitions given by the top research schools that make the most money,

In 2008, Hawaiian Homes Schools gave more than \$450,000 to about 2,900 schools. To find out how your school can participate, call the Hawaiian Homes Schools office at 808.320.7800. TTY line: 808.320.7801 or visit [www.hhs.hawaii.gov](http://www.hhs.hawaii.gov).

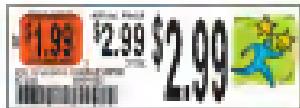


## FOOD FOR THOUGHT

### Like Shopping with a Friend

Wouldn't it great to shop at the supermarket and have another helping hand who understands the importance of making nutritious and delicious quickly and easily? That friend might never pointers on how to select fruits, as well as a strong eye for finding the best food for you and your family.

The new **Shopping Stars<sup>SM</sup>** program makes shopping the most fun thing to do because saving money is fun!



There may be stars. It's not just about it being a fun way to save the most money for shopping stars. So check the shelves for the Shopping Stars logo. Look for the number of stars pictured on the can or container and know it's a good choice. It's a better and more stars means it rates the highest in terms of nutrition per dollar.

You'll even see Shopping Stars signs and shelf tags around your local supermarket, making it easy to shop with nutrition in mind. For more on Shopping Stars, turn to "For Your Health" on page 32. For a list of products that qualify, go to [www.shoppingstars.com](http://www.shoppingstars.com).



### Can Do! Preserve the Treasures of the Season

It's the perfect time to stock your pantry shelves with jars of fruits, vegetables, pickles, and jams. Your home canned bounty will brighten winter tables and allow them to savor tastes all winter and year. If you're the apprehensive about preserving, try it here on your own kitchen counter.

With the right equipment, canning isn't hard. Just boil the jars you'll need along with a ball line of sealing capsules, all found in the specialty section. Please refer to your local图书馆 or extension agent, Homebased line, or Internet

home team for their local Extension Circulars or the place to look for an inspiring variety of books, rice, fruits and vegetables to garnish those jars. Most home canning resources may be stored in a cool, dry place for up to a year—giving you plenty of time to impress your friends with your fine handiwork, preserved less and served more.

For a wealth of information on canning, visit the site for the National Center for Home Food Preservation: [www.uga.edu/nchfp/extension.html](http://www.uga.edu/nchfp/extension.html).



### Buy Groceries, Save for College

Shopping behavior on all levels is important to understand. Our research reveals that **Merckelup** dreams that your grocery bill can pay dividends for your children's college education. If you live at the mercy of your spending habits, all qualified and many specialty items can be created as college savings through your Upgradefinancial plan. From groceries to groceries, after you fill up, plan paper part of every grocery spent on participating products can add up to your children's college savings.

Joining Upgradefinancial is easy—and free.

1. Pick up a Key Tag in your local Merckelup bank and register it at [www.upgradefinancial.com](http://www.upgradefinancial.com). Look for your favorite branch with the Upgradefinancial logo and fill out your key tag at the branch. Your Upgradefinancial account will automatically be created with a personal 16-digit pin code for savings anyone purchases at participating banks. To make these savings grow faster and your friends and relatives benefit from your Upgradefinancial contribution to your children's success, refer Upgradefinancial to a friend giving up a \$100 gift to their local Merckelup branch will pay off in more than great love.



# Tomato or Tomahto?

Either way, Hannaford's Eric Mayo has some freshly picked answers about fruits and veggies

BY CRAIG DUNFIRE FOX PHOTOGRAPH BY ASYA BEZPOLE

**T**he U.S. Department of Agriculture new food pyramid recommends eating a balance of healthy foods every day, including plenty of fruits and vegetables. With the majority of stores in Hannaford's Produce Department meeting that goal is easy — and delicious. Our writer spoke with Eric Mayo, Hannaford's Produce and Florist Category Manager, who helps bring more than 1,200 kinds of fruits, veggies, and herbs to your local Hannaford.

**What's your favorite fruit and vegetable?**  
My favorite fruit is a peach, a桃, a nectarine or apricot, and a plum. My favorite veg would I like all vegetables but I would have to say Yukon onions; they're awesome on an egg, in the fall I also love a good New England baked dinner with potatoes, onions, and carrots.

**What's the biggest seller?**

Tomatoes are a huge, huge category for us. They're second only to packaged salads which is the largest volume category produced. Today we have multiple sizes and varieties. Grape tomatoes, which were developed only about 12 years ago, are the second largest seller after vine ripened cherry tomatoes.

**So is it a vegetable or a fruit?**

Technically it's a fruit, but the U.S. Supreme Court deemed it a vegetable. That was back in 1893. In the case of *Nix v. Hedden*, a law fight involving tariffs on imported fruit. And a tomato is really a berry.

**What do you eat when people visit you?**

Dressed fruit salad. We have an outstanding team here all over the world. They're so delicious and unique and not available year-round. Fresh fruit over fruit, perhaps — lots of people are there and say "Wow, that looks fancy. What do I do with it?" We have a book on the

Produce Department that provides information. We're also developing small tip cards and recipes, and we're planning to feature different fruits on a monthly basis with a large display and lots of information. It's all coming in the next few months to a Hannaford near you!

**What's your most unusual tropical fruit?**

Kiwano (it's also known as a horned melon). It looks like a prehistoric orange but with a hard, bumpy rind and inside like a citrus between a mango and a coker. Then there's Buddha's Hand. Originally from Asia, it's a citrus with shaped like fingers that has a strong fragrance. It's not edible, but you can snape the skin like with lemon zest, so flavor comes. It's also used in cosmetics for its appearance and fragrance.

**What's the largest item in Hannaford's Produce Department?**

The biggest change is toward convenience packaged whole produce items. We have vegetable bags available, for instance, that have carrots, cucumbers, and day ready to go. They're a great convenience for picnics or family gatherings.

**Does prepackaged produce have to be washed at home? Can't you just pick them off?**

We advise you to wash all produce, even pre-washed prepackaged, just give it a thorough wash with cool clean water.

**How did you spend your time as Produce Category Manager for Hannaford?**

Part of my role is to stay on top of what's



happening in the industry, reading trade publications, attending trade shows, learning what's going on, and tasting great-tasting quality produce from around the world. I love to cook and watch the food channel on television. We're keeping Hannaford on the forefront of what's new and hot.

**What do you like to cook at home?**

I have several favorite recipes of my mother's creation that I was fortunate enough to write down before she passed away 10 years ago. They include a Italian beef sandwich, a chicken casserole, and fresh vegetable stir fry and a simple meatball parmesan dish called Frank Cappa. Also, after my mother.

I also enjoy making dinner out of whatever I can find in the basement. I'll pull something out of the freezer, then create a meal around it. My wife is a great cook but she likes to have planned meals that are sharp for cleaning our weekly trip to Hannaford. I kind of like mopping it. ■

# Cooking Up a Club

Healthy eating is the focus of this workplace group.

新編世界地圖集 地圖編輯室編

**W**hen food-loving, health-conscious colleagues Elaine Gattozzi and Catey Stern created a company-wide event, a massive-fundraising lunch club, they had one question: Are we there yet?

The result is the strong Women's Lunch Club at St. Mary's Regional Medical Center in Lexington. Many hours are spent to offer a luncheon about the same.



"An *o* no *ali* vegans, *an* green vegetarians," she says. "Most of us eat everything. *Yehi* many vegans are still eat some animal products — like dairy like, eggs, or honey — because we only look from plants."

The vegan focus of the class was inspired by a nutrition class that Diane Bongiorno, Nutrition Manager and Cindy Si Mary's Lifetime Program Manager took together. "The class was based on a vegan lifestyle," says Diane. "As a result, I started to think differently about food. I haven't given up meat, but I've learned more of having a better diet."

The pair made the club swear to keep the form: "We also liked the challenge of seeing how good we could make stories with no names and how big," says Blane.

To get the club going last spring Diane and Cathy recruited six other people who work with them in the marketing department at St. Mary's. The group of eight is divided into pairs which take turns preparing and serving a veggie lunch for everyone. Lunches are scheduled every two weeks before the dozen men's, women's, and senior

But table talk is mostly about work. Instead, the club members discuss vegan philosophy and the choices they're enjoying. "We're sharing our personal learning and experiencing," says Carter. "It's absolutely lovely."

The group has determined that a major health and safety meeting, brought in rotation over a three month period, "some of us work in a different area of affairs, so it is a learning strategy," explains Elkins. And the focus appears to "While we work closely as a team, there is a focus other than work that brings us together," says Elkins. **Reinvention**

#### Review of Literature

Doktor Wenzel

The designated cousin usually plays a role that includes an appraiser, mediator, arbiter and dispenser. This role might be played around a theme so as to make it even more interesting. "Only then I became a 'fourth-cousin' and 'fourth-cousin'!" says Glezer. "And now there are no place settings on the tables. That makes you look at each other from different cultures. It's like a second education."

As the food industry was converted, so, it might be said, was veganism. But **Lorna Patten**, a Health Care Services Representative and self-described convert, has found that she can eat her own cook books. "I love my cookbooks," she says. "I've got great cookbooks online," she says. "It's just a matter of getting them."

of looking to sources like YouTube and below." Other members have found plenty of inspiration on the internet. "It's amazing the resources that are available online," says Ross. "There are hundreds of videos."

Irregularities have proven to be just as accessible. "I thought it would be hard to skip the previous year's reveal for our fifth sugar," says Bruce Crampton, CEO and Vice President of Marketing and Planning. "But when I was shopping I found it was easy. I got the Hamsterland on Spring Street in Auburn, and the selection is good and the people are helpful."

## **Front of the Building**

While no one can know exactly what changes will bring, many members are surprised at how much they like regular shifts and how their own food knowledge is changing. The more they cook, the more they learn.

**Bon Beaufort**, a Health Services Marketing Coordinator who uses "anything and everything" now likes regular: "I'm really committed to how much it costs," she says.

"Lori's other answer that was shaped off: "One of the first things we had was a suggestion that I invent something I would enjoy" she says. "But it was good, and till make it for my family. I am trying now to help to us healthy." Lori says that make a game of trying new foods works well with her children, ages 1, 2 and 8. "We eat every day," she adds. "But the idea is making one meal different about meal planning. Plus it is cutting down on our grocery bill, saving money, and helping our health."

Even for those one or two members who were already vegetarians, the club has been a learning experience. "People think being vegetarian is difficult," he says. "And that's what I think of, too. The other day, a girl



To prove it, Pava tried some vegan desserts with his son, ages 6 and 10, who are not vegetarians. "We made brownies, macaroon, soy milk," he says. "They loved them."

The brownies were a hit with the kids too. And that inspired Andrew Brumley, Marketing Director and "spicy veg" guru, with a longstanding focus on healthy eating. "I'm not a dietician person," he says. "But that veggie dessert was my favorite, and it was more surprising to me than good things in the other categories."

But for some, the health benefits are the biggest payoff. "My savings for salt and sugar have stopped," Cody says. "Because I'm eating healthy, I don't have to eat calories. I've lost 12 pounds in eight weeks, and I feel so much better."

Executive chef Jennifer Basile feels that the plan gives her more options for eating healthy. "It's bringing it home," says the Community Relations Manager. "When I grew up, it was meat and potatoes and everything Italian with butter, so the switch is a change that fits my family."

Spicing up recipes is always on the agenda at the Vegan Lunch Club, and new members are encouraged from sharing fresh recipes with these three dishes. By them

and you if you guys talk about, whatever. It's amazing what good things you can do without meat or dairy."

If you'd like to try more recipes, club members suggest checking them out: [www.veganlunchclub.com](http://www.veganlunchclub.com)

### BLACK BEAN DIP

#### WITH AVOCADO

SPRING 2008

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR, 40 MINUTES

This chunky spicy dip is a nutritious start to a meal. (It also is the next best served immediately.)

- 12 oz. black beans
- 16 oz. fresh lime juice
- 16 oz. no-salt-added organic Country Style salsa
- 1 lb. firm tofu, drained, rinsed and drained
- 1 cup chopped scallions, white and light green parts only
- 1/2 cup chopped fresh cilantro
- 1/2 cup chopped garlic
- 1/2 cup oil or fat-free
- 1/2 tsp. freshly-ground pepper, or to taste
- boxed whole-wheat tortilla chips or corn chips

**1.** Chop avocados. Place in a bowl and sprinkle with lime juice. Mash about half of the mixture so it's still a bit chunky (a pastry blender does this job quickly).

**2.** Add the other beans, scallions, cilantro and garlic. Stir gently to combine, so the avocado stays chunky.

**3.** Season to taste with salt and pepper.

**4.** Refrigerate until ready to eat (serve with baked whole-wheat pita chips or corn chips).

**NUTRITIONAL INFORMATION (PER SERVING)** 120 CALORIES; 100 CALORIES FROM FAT; 20 PROTEIN; 14g FAT (10g SATURATED); 15g CARBOHYDRATE; 10g SUGAR; 10g FIBER; 10mg CHOLESTEROL.

### LATE HARVEST VEGETARIAN CHILI

SERVES 8

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 1 HOUR, 40 MINUTES

Cathy White uses water instead of oil to cook the onions, carrots, garlic and bell peppers, making this recipe even healthier. This recipe makes a big pot of chili, perfect for a casual supper party. Beer is the perfect accompanying beverage.

- 16 oz. water代替油
- 3 medium red onions, 1-inch cubes
- 2 large carrots, cut into 1/2-inch cubes
- 4 cloves garlic, minced
- 2 large red bell peppers, cut into 1/2-inch pieces
- 1/2 lb. or 2 cups whole-wheat tortillas with spice
- 16 oz. no-salt-added salsa
- 1/2 cup plain lowfat yogurt
- 1/2 cup plain yogurt (optional)
- 2 Tbsp. chili powder





APPLE CRISP WITH VANILLA ICE CREAM

- 1/2 cup ground cornflakes
- 1/2 cup dried apricots
- 1/2 cup dried cranberries
- 1/2 cup dried cherries
- 1/2 cup dried blueberries
- 1/2 cup dried peaches, rinsed and drained
- 1/2 cup dried pears, rinsed and drained
- 1/2 cup dried red kidney beans, rinsed and drained
- 1/2 cup chopped fresh mint leaves
- 1/2 cup chopped fresh parsley
- 1/2 cup chopped fresh basil
- 1/2 cup lemon juice
- 1/2 cup honey
- 1/2 cup soft or lactose-reduced butter
- 1/2 pounds white and light green party mix dried fruit (optional; not optional)

**1.** Heat 1/4 cup water in a large saucepan over medium heat. Add the cornflakes and

toss until just powder, about 10 to 12 minutes. Transfer to a large mixing or Dutch oven.

- 2.** Heat the remaining 1/4 cup water in a skillet over medium heat. Add the onion, garlic, and bell peppers. Sauté until the onions are translucent and the peppers are just beginning to turn color, about 10 to 12 minutes. Transfer to the pot containing the cornflakes.
- 3.** Place the pot over low heat. With a knife, cut up the whole dried cherries in half, cut off the stems and add them to the vegetables along with the fresh cranberries and the dried raisins and their juice. Sprinkle the chili powder, cumin, basil, rosemary, black pepper, and fennel seeds over the mixture and mix to combine. Simmer uncovered, stirring often, for 10 minutes.
- 4.** Stir in the bacon, parsley, dill, and lemon juice; cook another 15 minutes. Turn off and add oil if needed.
- 5.** Serve in individual bowls topped with a spoonful of ice cream.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:** 360 CALORIES, 100 CARBOHYDRATES, 100 PROTEIN, 100 (10% CARBOHYDRATE), 100 DIETARY FIBER, 100 CALORIES FROM FAT.

### LOW-FAT APPLE CRISP

SERVES 6  
ACTIVE TIME: 10 MINUTES  
TOTAL TIME: 20 MINUTES

This is a very easy, healthy dessert, quick to prepare, and nice for a light weekday treat.

- 6 large firm apples, peeled, cored, and sliced about 1/2 inch
- 1/2 cup dried cranberries
- 1/2 cup rolled oats

- 1/4 cup cinnamon, divided
- 1/4 cup sugar
- 1/4 cup soft and creamy margarine or general-purpose butter
- 1/4 cup old-fashioned rolled oats
- 1/4 cup granulated sugar

**VARIATION:** Omit the sugar from recipe below or sprinkle sugar over ice cream.

- 1.** Preheat the oven to 350°F. Spray an 8-inch square baking dish with nonstick spray.
- 2.** Place the apple slices in a bowl and toss with the lemon juice, cranberries, and 1/4 cup of cinnamon. Place at the prepared dish and sprinkle with dried cranberries.
- 3.** In a separate bowl, mix the granola or cereal, rolled oats, and remaining oats, sugar, flour, and maple syrup. Sprinkle evenly over the apples.
- 4.** Bake for 40 to 50 minutes or until the apples are bubbling and tender and the topping is golden brown.
- 5.** Serve warm or cold with "Vanilla 'Crème' Sundaes" or vanilla soy ice cream.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:** 370 CALORIES, 100 CARBOHYDRATES, 100 PROTEIN, 100 (10% CARBOHYDRATE), 100 DIETARY FIBER, 100 CALORIES FROM FAT.

### VANILLA "CRÈME" SAUCE

SERVES 8  
ACTIVE TIME: 10 MINUTES  
TOTAL TIME: 10 MINUTES

In addition to the apple crisp, this topping is also a nice complement to stirred lattes and banana bread.

- 1 CUP WHOLE MILK
- 1/4 CUP MAPLE SYRUP
- 1/4 CUP HONEY
- 1/2 TSP VANILLA EXTRACT

- 1.** Place all ingredients in a blender and blend until smooth and creamy. Refrigerate until ready to use. May be prepared up to three days in advance.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING:** 360 CALORIES, 100 CARBOHYDRATES, 100 PROTEIN, 100 (10% CARBOHYDRATE), 100 DIETARY FIBER, 100 CALORIES FROM FAT.

# Brand-New Brown Bag

Turn lunch into the high point of your day with these easy options

BY KARENNE MAYOREK | PHOTOS BY JEFFREY L. HARRIS | STYLING BY JULIE LEE

**P**acking a lunch is a great way to eat well and save money. And you can count on Hormel® Inspiration products to keep those brown bags interesting week in and week out. Fresh salad, wholesome sandwiches, scrumptious desserts—all can be ready to go with minimal effort and a few simple lunch packing supplies.

### Bulk Up Your Greens

Hormel® Inspiration® Fresh Salad Greens (Baby Romaine, Spring Mix, Baby Spinach, and Baby Arugula) are a wonderful base for any salad. Blend the salad mixes, interspersing by adding toppings or meat. Mix Hormel® Inspiration dressings with neutral oil or vinegar to flavor them until batch and pack; the greens separately so that they don't get soggy. Then when it's time to eat, combine the two for a delicious meal.

### What's Between Your Baked?

Start your sandwich planning at the bakery. Hormel® Inspiration® Cordon Bleu Multi-Deli Boxes and Baguettes make a great base for a sandwich masterpiece. The Cordon offerings are impressive with more than a dozen types of meat from classic Angus Roast Beef and Roasted Turkey to Smoked Bacon French Style and Prosciutto. Then choose one of our Hormel® Inspiration spreads—mustards or honey mustard, for a memorable finishing touch. Once you've tried the French Baguette, you'll be looking for more delicious ways to serve Hormel® Inspiration All Natural Turkey Breast.

### Sweet Endings

Hormel® Inspiration recently introduced a line of yogurts in various flavors such as Filled Al Walnuts and Blueberry Orange.



These are easy to pack for dinner and a good source of calcium. Add fruit or plain yogurt with cookies for a satisfying cooler sandwich with our Two Raspberry Fruit Spread. And don't forget that fresh fruit is

always a satisfying way to end a meal, especially when paired with Sweet Onion Raspberry Scones (see the recipe on page 110).

With Hormel® Inspiration, day-to-day lunches can be packed easy and delicious.

## DELICIOUS TURKEY WRAPS

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

**Herbated**: Impress your friends with this simple, yet delicious sandwich. The surprising combination of smoky red peppers and intense herbaceous turkey breast, creamy cheese, and peppery arugula will make your taste buds sing! You may even want to make it dinner one night.

- 1 large roll-up lunch wrap or flour tortilla (9 to 10 inches in diameter)
- 1/2 lb (1 cup) shredded goat cheese
- 1/2 cup herbated pepperoni All Natural Turkey Breast, thinly sliced
- 1/2 cup Honeycrisp apple slices (see Recipe Pages 15-16 for details)

## TWO FRESHLY-GROUND BLACK PEPPER WRAPS

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

- 16 two-freshly-ground black pepper toothpicks
- 1/2 cup Honeyford Imperialistic Baby Arugula
1. Prepare four 12 by 12 inch squares of foil or wax paper for wrapping the sandwiches. Set aside.
2. Place the lunch or wraps side by side on a flat work surface or kitchen towel. Divide the goat cheese among them, spreading it in the center of the bread, leaving a 1/4-inch border around the edge of the wrap. Divide the turkey among the wraps, placing it on top of the goat cheese. In Spoon 1 Tablespoon Red Pepper Flavored Mustard over the turkey in each wrap. If desired, add a sprinkling of freshly ground black pepper to each wrap.
3. Divide the arugula among the four wraps.

4. To assemble each wrap, fold in the sides of the bread, then roll from the bottom up to make a tight closed sandwich. Wrap each sandwich tightly in the foil or wax paper. Refrigerate until needed. Wraps may be made a day ahead.

APPROXIMATE NUTRITIONAL VALUES PER SANDWICH (INCLUDES ALL INGREDIENTS): 240 CALORIES; 14 G PROTEIN; 10 G CARBOHYDRATE; 10 G TOTAL FAT (1 G SATURATED); 1 G MONO; 1 G POLY; 1 G FIBER

## FRESH FRUIT SALAD WITH SWEET CREAM RASPBERRY SAUCE

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

Break up your day with this elegant combination of fruits — a colorful medley that makes an appealing alternative to the traditional banana apple or banana

- 1/2 cup Honeyford Imperialistic Sweet Cream Raspberry Dip
- 1/2 cup Honeyford Imperialistic No Sulfury Whole Berry
- 1 cup Honeycrisp apples, peeled
- 1 kiwi, peeled and roughly chopped
- 1 lb strawberries, washed and hulled
- 1/2 cup cantaloupe
- 1 cup seedless red grapes, washed and cut in half lengthwise
- 1/2 lb (3 cups) fresh pineapple chunks, drained and halved

1. In a small mixing bowl, whisk together the fruit dip, raspberry syrup and lime juice. Divide the sauce among four chilled plastic food containers. Set aside.
2. Divide the kiwi, strawberries, raspberries, grapes and pineapple among the four containers. Cover and refrigerate until needed. When ready to eat, pour the sauce from the bottom of the container over the fruit. This salad is best eaten the day it is prepared.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (INCLUDES ALL INGREDIENTS): 20 CALORIES; 0 G PROTEIN; 0 G CARBOHYDRATE; 10 G TOTAL FAT (0 G SATURATED); 0 G MONO; 0 G POLY; 1 G FIBER ■



# the perfect pair

Introducing  
**Hannaford Inspirations Rubs**  
The perfect partner for your favorite  
meats and seafood.





# apples all ways

baking, baking, steaming, sautéing,  
and more — enjoy fall's bounty from apples



THE FRUIT OF AUTUMN, APPLES ARE THE apples do. One bite, and you're struck by the quality of a perfect fall day. There's the crunch of biting through that crisp skin and the release of the first taste of juice — the tang and sour of a fall wash down of apples and flowers. And then there's the poetry of apple names. Imagine a pile where all the characters are named after apples: Granny Smith, Winesap, Gala, Red Delicious, Macoun, Cortland, and Northern Spy.

Apples may in fact be the perfect food. They're low in calories yet filling; they're loaded with vitamins A and C, and they come in lots of varieties. Their color ranges from rich, deep crimson to bright green, while their flavor runs the gamut from sweet to lip-puckering tart.

## Apple Pickin'

Look for firm, unbruised apples with a fresh, clear fragrance. Apples will keep for several weeks if refrigerated; make sure they're stored properly so that they don't become soft or mushy.

Most apples are considered all-purpose cooking, though they're as good to eat raw as they are cooked. However, when cooked, some hold their shape better than others. Macoun is a good all-purpose apple, as are Cox's Orange Pippin, Red Delicious, Cortland, and Fuji. Roma and Bosc apples are better for cooking than eating raw or baked. Many apple growers feel that Red Delicious — with its craggy texture — is better for eating than cooking. But oh all manner of taste.

Don't just always choose the "right" apple for cooking — almost any variety will work. Try mixing varieties of apples, whether for a healthy snack, a meal dish, or a pie. By balancing sweet varieties with tart-sour ones, that way your dishes will have a full range of apple flavor and texture.

Apple season in the Northeast begins with the early varieties at the end of August, but the bulk of the apple crop is picked in late September through mid-October. They're ready for eating or storage when they're ripe, plump, and translucent. These recipes demonstrate the wide range of apples in dishes both savory and sweet.



### BABY SPINACH SALAD WITH ROASTED APPLES AND SUN-DRIED CRANBERRIES

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 45 MINUTES

Roasted baby spinach and sweet dried cranberry vinaigrette, roasted apples make a perfect salad for autumn. The addition of candied bacon elevates it just a bit, so both tang balance the sweetness of the apples beautifully.

#### Salad

- 3 lbs. apples, such as Granny Smith, peeled, cored, and cut 1/2-in. wedges
- 1/2 cup walnuts, coarsely chopped

#### Dressing

- 1/4 cup Honeycrisp Apple Mustard
- 1/4 cup oil
- 1/4 cup vinegar
- 1/2 tsp. red or white wine vinegar
- 1/2 tsp. dried oregano

- 2 Tbsp. dried cranberries, coarsely chopped
- 1 Tbsp. chopped fresh thyme (optional)

#### Garnish

- 6 oz. Honeycrisp Apples (see Sources)
- 1/2 cup dried cranberries, left whole
- 1/2 cup candied bacon (see Sources)
- 2 Tbsp. chopped toasted walnut or pecan halves

1. Preheat the oven to 400°F. Toss the apples and walnuts in a small roasting pan (baking pan or roasting dish). Roast for about 21 to 25 minutes, or until the apples are just tender but not falling apart, depending on the firmness of the apples. Keep covered or reuse during, mashing. Remove from the oven and let cool.
2. Prepare the dressing. Whisk together the mustard, salt, pepper, vinegar, and olive oil in a small bowl. Mix in the chopped dried cranberries and the fresh thyme, if used.
3. Place the spinach in a salad bowl or on a large platter. Sprinkle with the whole dried cranberries and blue cheese, if desired. Place

the roasted apples around the outer edge of the salad. Sprinkle with nuts, if desired.

**A:** Just before serving, add the dressing and toss to coat the ingredients.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (NO CALORIES, NO CARBOHYDRATES): 30 PROTEIN, 140 CALORIES, 1000 CALORIES, 1000 CALORIES, 1000 CALORIES, 1000 CALORIES

### BUTTERNUT SQUASH AND APPLE SOUP WITH PANCETTA

SERVES 6

ACTIVE TIME: 20 MINUTES

PREP TIME: 15 MINUTES

This soup, with its gorgous orange color and subtle spiciness, takes the chill off a fall day. Its naturally rich and creamy without the addition of cream or butter. Pancetta is a cured, salted Italian bacon with a touch of smoky flavor.

- 1/2 cup olive oil, divided
- 1/2 lb. pancetta, sliced
- 2 medium onions, thinly sliced
- 1 lb. butternut squash, peeled, seeded, and cut into chunks
- 1/2 lb. butternut squash
- 1/2 tsp. freshly ground black pepper
- 2 Tbsp. chopped fresh thyme (or 2 tsps. dried)
- 2 lbs. apples, such as Honeycrisp, peeled, cored, and cut into chunks

SOURCE: APPLES  
ABOUT 100 COUNTRIES



4 cups vegetable or chicken broth

1/2 tsp salt

1 In a large pot, heat 1 tbsp oil over medium heat. Add the onions and cook about 4 minutes per side until golden brown. Remove and drain on a paper towel.

2 Add remaining 1/2 tbsp olive oil per pot. Add the carrots and cook 8 to 10 minutes over moderate heat until translucent, stirring occasionally. Add the squash, salt, pepper and dill. Cook, stirring, 5 minutes.

3 Add the apple broth and water and bring to boil over high heat. Reduce heat to low and simmer covered 15 to 20 minutes or until squash and apples are tender. Remove from the heat and cool slightly.

4 Working in batches, puree the soup until smooth in a blender or food processor. Alternatively puree in a hand-held immersion blender. Add the carrots back to the pot and bring to a simmer over low heat. Crumble the parmesan and add half to the soup. Taste for seasoning.

5 Serve piping hot with the remaining parmesan sprinkled on top.

APPROXIMATE NUTRITIONAL VALUES PER CUP:  
180 CALORIES (40% CARBOHYDRATE), 14G PROTEIN,  
12G FAT (1G SATURATED), 20G CARBOHYDRATE,  
1,180U VITAMIN A, 1,030C

## ROAST CHICKEN BREASTS WITH APPLE ONION STUFFING

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 1 HOUR

Make a simple but delicious stuffing by roasting onions and apples and mixing them with bread crumbs and fresh herbs. Then sandwich chicken breasts and roast until golden brown.

### Stuffing

1 Tbsp olive oil

1 medium onion, chopped

1/2 tsp salt

1/2 tsp freshly ground black pepper

1/2 cup chopped fresh rosemary or 1/4 cup dried rosemary

2 Tbsp chopped fresh sage or 2 tsp dried sage

2 Tbsp chopped fresh parsley

1 medium carrot or 1 medium apple, peeled, cored and diced

1/2 cup dry bread crumbs

1/2 cup chicken broth

### Oven

4 chicken breasts on the bone, about 1/2 lb

1/2 lb bacon, cut in 1/2-in.

1/2 tsp freshly ground black pepper, or to taste

1 Tbsp olive oil

1 In a large skillet, heat the oil over low heat. Add the onions, salt, pepper and half the remaining sage and parsley. Cook, stirring occasionally, for 6 minutes. Add the apples and bacon. Cook another 5 minutes. Remove from heat and let cool slightly.

2 Mix the bread crumbs, remaining herbs, cold chicken broth and the stuffing in a bowl and build together. Stuffing can be made several hours ahead of time, covered and refrigerated.

3 Preheat the oven to 425°F.

4 With a sharp knife, cut each chicken breast平行 or half horizontally so there is a book — the meat should be held together on one long side. Remove the inside of the breast with a knife and pepper. Divide the stuffing among the chicken breasts and cover with the top flap, pressing gently to adhere.

5 Place any remaining stuffing in a roaster or ovenproof skillet. Place the chicken on top or directly in the pan if there's no roasting stuffing. Drizzle the top with the olive oil and place the pan on the middle shelf in oven for 15 minutes. The chicken should be golden brown and cooked through to a temperature of 170°F (check immediately).

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
380 CALORIES (40% CARBOHYDRATE), 14G PROTEIN,  
18G FAT (10G SATURATED), 20G CARBOHYDRATE,  
1,180U VITAMIN A, 1,030C



## ROAST PORK CHOPS WITH APPLES AND SAGE

SERVES 4 TO 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR

Roast these pork chops on mashed or a bed of hot apples and applesauce with apple cider — which forms a delicious sauce, since making that a quick family meal for any day of the week.

1 Tbsp olive oil

1 large red apple, such as Gala, Smithtown, Jonathan, cored and finely sliced

2 Tbsp chopped fresh sage, or

1/2 tsp dried

1/2 tsp salt

1/2 tsp freshly ground black pepper

4 boneless pork chops, about 1/2 lb

1 cup apple cider

1. Preheat the oven to 425°F.

2. Place the oil on a large roaster pan (preferably shallow) or shallow ovenproof skillet. Layer the



**APPLE AND PEAR CRUMBLE** WITH SPICED CUSTARD  
A RECIPE BY KAREN HICKS

apples on the bottom and season with half the sugar, salt and pepper. Place the pork chops on top and sprinkle with the remaining sugar, salt and pepper. Place the sides over the pork chops.

**3** Roast for 15 minutes. Gently turn the pork chops, basting them with the juice from the bottom of the pan. Set the apples to蒸熟 in each oven tray. Roast another 15 minutes.

**4** Preheat the oven to 180°C. Add the pork and apples for 4 more minutes, or until just golden brown. Serve immediately.

**APPRENTICE NUTRITIONAL VALUE PER SERVING:**  
60g of 100% chicken and carrots (100g)  
44g raw pear and 40g apples (20g) custard  
100g, 100g, 100g, 100g

### APPLE AND PEAR CRUMBLE

**SERVES 8**

**ACTIVE TIME:** 30 MINUTES

**TOTAL TIME:** 1 HOUR 45 MINUTES

You can assemble the crumble a day ahead and bake it just before serving. The dough needs to chill for at least two hours.

#### **INGREDIENTS**

- 1 cup of plain flour
- ½ tsp salt
- ½ tsp sugar
- 1 cup shredded butter (175g) chilled and cut into small cubes
- ½ cup water (about 150ml)

#### **FILLING**

- 1 large apple, such as Gala, Mcintosh, or Honeycrisp, peeled, cored and cut into slices
- 2 pears, Bosc or Williams, peeled, cored and cut into slices
- ½ cup packed light brown sugar
- 1 tsp cinnamon
- 1 Tbsp flour
- Whipped cream or vanilla ice cream, to serve

- 1** Prepare the dough. Place the flour, salt and sugar in the bowl of a food processor. Process for a few seconds until blended. Add the butter and pulse about 15 times, or until the mixture resembles coarse cornmeal. Add just enough water so that the dough pulls away from the sides of the bowl. Alternatively mix the flour, salt, and sugar in a large mixing bowl, cut in the butter and mix together with your fingers, until the mixture resembles cornmeal. Set on the side to cool slightly until the dough comes together and forms a ball.
- 2** Wrap the dough in foil and chill for at least 2 hours, or overnight.
- 3** Preheat the oven. Place the fruit slices

in a baking dish, pour over with the brown sugar, cinnamon and flour.

- 4** Preheat the oven to 425°F.
- 5** Working with floured hands, roll out the chilled dough into a large circle about 13 to 14 inches wide. Place on an ungreased cookie sheet. Place the apple/pear filling in the middle of the dough, leaving an even border of 1½ to 2 inches. Gouge the edges of dough over the filling and press down lightly to crimp the edges. The dough won't cover the filling completely.
- 6** Bake on the middle rack for about 25 to 30 minutes, or until the dough is golden brown and the filling is bubbling. Serve hot or room temperature with whipped cream or vanilla ice cream, if desired.

**APPRENTICE NUTRITIONAL VALUE PER SERVING:**  
100g of 100% apples and carrots (100g)  
44g raw pears and 40g apples (20g) custard  
100g, 100g, 100g, 100g

**Karen Hicks** (www.karenhicks.com) is the mother of four children and the "Breadbox Queen" for *WEEKS IN KITCHEN*.

## THE RICKERS OF RICHER HILL ORCHARDS

Rickie Ricker (left) is the son of Rick's dad, Rick, part of the Ricker gang who's been growing apples at Richer Hill Orchards of Farmer Miller, and that heritage is something he's thoroughly proud of. "The Ricker family has been growing apples since 1882," he says. "It's what we do. And we've been writing the Rickerland song since there was a little sapling in Portland, Maine."

Rickie urges cooks to try local apples. "They have more snap and taste since just makes sense to buy local," he says. "Most of fancy tidal apple stores are eight to 10 generations apple growers, pretty much. We don't. We grow a different type of apple. We think it's the most popular because it's the one we all grew up eating. Some of the other varieties,

like the Honey Crisp, and Fuji are really delicious too. Instead of trying to cater for everyone in the States, it's a real specialty and has a good flavor that holds us together. But apples...

Despite the challenges of farming today, Ricker still sees there is a financial appeal to apple growing. "Never selling out if the apple trees are in bloom until it's all green and ripe," he insists. "There's nothing quite like it."



### Calling All Cooks

Be a winner in the first Hamelior Inspiration Recipe Contest!

We are collaborating with Maryland Department of Environment to monitor water quality and develop remediation plans for the area.

You know that you're reading one of my all-time favorite recipes and I hope it will bring some joy. If you've used this as a meal plan source, we'd love to know where you got it! My client has been raving about her long-simmered tomato soup for a week now — it's meatless, poultry included, no vegetables — and it has an opportunity to be a winner on your first-ever French Onion Soup Recipe Contest! It sold out in a great place; you could never miss it at French Onion Fest.

www.wiley.com/go/krishnamoorthy

Send us your original designs for a modern quilt  
using all new materials! I hope this will  
lead to a wonderful design contest. Good  
luck to you all.

To other points of type you may apply, include your name, address and phone number and, enclosed, a \$10 International Reply Coupon (Postage Stamp) with Box 1001, Bureau 1040, U.S.A. or if you prefer, airmail, to International Reply Coupons, 1000 Avenue of the Americas, New York 36, N.Y., U.S.A.

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1000000 PLATELS IN 1000000 1000000 HUMANITARIAN UNIT DADS

THE PLACE TO BE IN 2009. 2009 HIGHLIGHTS & GIFT GUIDE

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# fast or slow

by Kimberly Macbeth  
photographs by Keller + Keller



If you're like me, you're always searching for easier ways to get dinner on the table from scratch. Of late, I've come to appreciate both slow cookers and pressure cookers. Both offer benefits over standard cooking methods, making them a lot safer and easier to use. Your grandmother's pressure cooker had the potential to blow up—but not so with today's models, which come with classic release valves. Contemporary slow cookers feature removable crockery and multiple heat settings.

## make it fast

Pressure cookers can tackle very simple items quickly. In about 15 minutes, a chicken, along with cooking time by a third or more, it cooks food quickly

because the high-pressure pot expands to create a seal in the pot base. With heat and moisture in place, foods cook up in the cooker resulting in higher than normal cooking temperatures. Pressure cooking is not just speedy; however—it also releases flavor into the food.

The propane ranges from a light-weight 4-quart aluminum model at about \$15 to 12-quart heavy-duty stainless steel choices at over \$300. We picked a 6- to 8-quart model in stainless steel for versatility.

They typically come with a pressure cooker and a pressure pot for quick cooking vegetables like beans and potatoes. The pressure cooker is especially handy for making soups. Standard buttons and pots will vary with different models, so some may require slight adjustments. A good kitchen timer is also helpful because it's easy to overlook a new dish needs only 15 minutes of cooking time. Be sure to read and carefully follow the manufacturer's instructions for using this handy appliance.

## slow and steady

Slow cookers are the ultimate "set it and forget it" appliance. They cook foods at low temperatures for a long period of time. You can fill the slow cooker in the morning, and when you return home from a busy day your favorite meals are probably good and dinner is ready. When using a slow cooker, it's important to follow the recipe, as some ingredients need to be cut in a certain way or layered in a specific order to cook properly. Don't be tempted to lift the lid of your slow cooker during cooking, which increases cooking time. The appliance comes in a variety of shapes and sizes, or pots from about 100 to 160. We chose instead of a 6- to 8-quart model.

Most slow cooker meals are simple but a slow cooker does take a little planning. Slow-top pots or roasters make a nice accompaniment to dishes like our Chile Verde, and soups look even appetizing with a garnish of grated Parmesan cheese or fresh basil.

## PRESSURE-COOKED GREEN LAMB STEW<sup>†</sup>

LEADS 4 COURSES  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 30 MINUTES

All the flavor—but less time—of a slow-cooker dish, now.

1. 2 Tbsp. extra-virgin olive oil
- 2 lb. lamb shoulder chops, cut into 1½-in. cubes
- 1 cup finely chopped onions
- 1 clove garlic, minced
- 1 Tbsp. dried oregano
- 1 tsp. kosher salt
- ½ tsp. freshly ground black pepper
- large sprig fresh thyme (about ½ in.)
- ½ lb. small Yukon Gold potatoes, scrubbed and drained (peeled, if you like)
- 1 bay leaf
- 2 Tbsp. finely packed
- ½ cup red wine
- 1 onion, halved
- 1 Tbsp. finely chopped fresh mint, divided
- 1 lb. 4 oz. bone-free, reduced-sodium chicken broth

1. In a pressure cooker pot over medium-high heat, add the olive oil, lamb, onions, garlic, oregano, salt and pepper. Cook on medium heat and stir until the season is absorbed, 4 to 5 minutes.
2. Turn off the heat. Add the carrots, potatoes, bay leaf, thyme, white wine and onions. Stir well to combine the wine and tomato paste. Add ½ Tbsp. mint and the chicken broth and stir well again.
3. Secure the lid on the pressure cooker. Over high heat, bring the cooker to high pressure and cook for 12 minutes. Turn off the heat and allow the pressure to release naturally for 8 minutes, then quick-release the pressure.
4. Remove the lid and gently stir to make sure everything is well mixed. Use tongs or tongs with the tongs feature and flip the lamb. Taste and add salt if needed.
5. Ladle the stew into four bowls; garnish

each with some fresh mint leaves and serve.

**OPTIONAL: INSTEAD OF LAMB CHOPS:**  
10 CALORIES (100 CALORIES) PER SERVING:  
1 lb. (450 g.) boneless, skinless, bone-in chicken thighs, cut into 1½-in. cubes, plus 1 Tbsp. oil

## PRESSURE-COOKED PUMPKIN BREAD PUDDING<sup>†</sup>

SERVES 8  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 30 MINUTES

A pressure-cooker yields a beautifully creamy bread pudding. You'll need the

cooking basket that comes with your pressure-cooker along with a 1½-cup pail of heavy-duty aluminum foil. To achieve even fluffiness, substitute half-and-half for the milk.

**Note:** If you don't have split bread or hard bread, soak the bread before cutting it.

1. 1½ cups canned pumpkin puree (not pie filling)
- ½ cup milk
- 2 eggs
- ½ cup light brown sugar
- ½ cup cinnamon
- 1 Tbsp. pumpkin pie spice
- ½ tsp. vanilla extract
- ½ tsp. salt



<sup>†</sup>For the slow-cooked version of this recipe, go to [www.bhg.com](http://www.bhg.com).

- 1 cup white whole-wheat bread/crustless white bread, torn into 1/2-inch cubes
- 2 eggs beaten
- 1 cup shredded cheese
- 1/2 cup fresh or frozen raspberries

**1** In a large mixing bowl, combine the raspberries, milk, eggs, brown sugar, cinnamon, pumpkin pie spice, vanilla extract and oil. Whisk to combine.

**2** Add the bread cubes to the mixture and stir until all the cubes are coated. Let the mixture sit for 2 to 10 minutes.

**3** Add the eggs and remaining batter to the pressure cooker. Gently tap 8-inch round cake pan with the bottom of the spoon to settle the batter. Put the cake pan in the center of a 20-inch length of heavy-duty aluminum foil and pull the foil up the sides of the pan. Place the prepared cake pan into the pressure cooker.

**4** Add the bread pudding to the cake pan. Pull the foil up over the cake pan, making a loose seal. Crimp the ends together so that you'll be able to lift the pan out of the pressure cooker.

**5** Secure the lid on the pressure cooker. Over high heat, bring the cooker to high pressure and cook for 12 minutes. Use a quick release valve to release the pressure, then turn off the heat.

Over high heat bring the cookies to high pressure and cook for 15 minutes. Use the quick release method to release the pressure. Remove the lid and let the bread pudding cool for at least 10 minutes.

**4.** Using the crimped lid lift the parchment lined pudding out of the pressure cooker. Serve warm with vanilla ice cream if desired.

APPENDIX 1: MATERIALS, METHODS, AND RESULTS  
AND DISCUSSION. THE CONCLUDING SECTION PERTAINS  
TO THE DISCUSSION OF THE CHANGES.  
THIS SECTION IS PRESENT.

**www.socialeconomie.org**

三

ANSWER

1998-1999 学年第二学期

Slow rotors and scrapers known to be a perfect match. The robust gearboxes have scrapers run together quickly with some simple shimming. Plus, it distributes evenly and becomes well.



aproximado de 1000 mg/dia. Valores per se normales  
son < 100 mg/dia. Los niveles elevados de vitamina D  
se asocian con la osteoporosis y las fracturas.  
Estos niveles, sin embargo,

## SLOW COOKED SPANISH CHICKEN

SERVES 4

ACTION TIME: 15 MINUTES

TOTAL TIME: 8 HOURS, 15 MINUTES

The lightly flavored meat for this chicken is based on a classic Spanish recipe that combines garlic, paprika, tomatoes and almonds. Serve with Spanish yellow rice and steamed green beans.

1. Heat olive oil over medium heat.  
2. Add chicken, paprika and tomatoes. Sauté over medium heat until browned (about 2 lb.) (about 15 min.).  
3. Add carrots, crushed tomatoes, onions, garlic, dried paprika, dry red wine vinegar, salt, freshly-ground black pepper, red crushed red pepper, and sliced almonds. Gently-chop.  
4. Add the olive oil and the chicken to the slow cooker.
5. In a medium-size mixing bowl, combine the tomatoes, garlic, paprika, vinegar, salt, black pepper, crushed red pepper and almonds. Mix well.
6. Pour the tomato mixture over the chicken. Cover and cook for 8 hours on low or 4 hours on high.

SPANISH YELLOW RICE



7. To serve, remove the chicken with tongs and divide among four plates. Spoon the meat over the chicken.

NUTRITION INFORMATION PER SERVING:  
116 CALORIES (25% FROM FAT), 2.6G PROTEIN,  
10G CARBOHYDRATE, 19.6G TOTAL FAT (1.6G SATURATED, 1.6G MONOUNSATURATED, 1.6G POLYUNSATURATED), 1.6G FIBER

## SLOW COOKED CHILI VERDE

SERVES 4-6

ACTION TIME: 15 MINUTES

TOTAL TIME: 8 HOURS, 15 MINUTES

Chili Verde gets its name and flavor from lots of green chiles and cilantro. Corn, beans or rice (medium) go great with this hearty dish.

1. Heat olive oil.  
2. Add finely-chopped white onion, garlic, 1 large white onion, jalapeño chiles, cilantro and finely-chopped

3. Corn (freshly-chopped green bell pepper), small jalapeño pepper, semi-dried (thinly-chopped) habanero.  
4. Mix all 1 cup-chopped green chiles.  
5. In large shallow dish, mix beans, cilantro, onions, jalapeños, and habanero.  
6. Mix all 1 lb. dried chicken breast, divided.  
7. Jalapeño seeds removed, chopped.  
8. Cilantro sprigs, refrigerate.  
9. 1 cup-finely-chopped-cilantro-chicken broth.  
10. 1/2 cup dried Oregano.  
11. 1/2 cup dried cilantro.  
12. 1/2 cup ground cumin.  
13. 1/2 cup finely-ground Macho pepper.  
14. 1/2 cup kosher salt.  
15. Plus, optional comment.  
16. 1 cup fresh cilantro or 1 cup hot red bell pepper powder.  
17. Lime juice.  
18. 1 cup grated cheddar cheese.

19. Add the olive oil, onions, poblano and green bell pepper to the slow cooker.



In a large mixing bowl, add the dry ingredients.

**2** In a large mixing bowl, combine the green chiles, cooked pinto beans, remaining pinto beans, fresh thyme, cayenne pepper, black pepper, salt, and coriander. Mix well to combine.

**3** Add the seasoned pinto-bean mixture to the slow cooker. Do not stir.

**4** Cover and cook for 8 hours on low or 4 hours on high.

**5** Before serving, finely chop the cilantro or parsley and scatter the base. Set the herbs aside. Shred the chile. Divide the chili among four bowls and sprinkle with the grated cheddar. Serve the chili with the lime wedges.

APPROXIMATE NUTRITIONALS: CALORIES 400; CARBOHYDRATE, 60%; PROTEIN, 20%; FAT, 20%. (CONTINUED)

## SLOW-COOKED WARM CHOCOLATE CAKE

SERVES 8

ACTIVE TIME: 20 MINUTES

STANDING TIME: 10 MINUTES

Modern chocolate cakes are all the rage at restaurants — and now you can enjoy a taste at home. This warm chocolate-spoon cake is easy to prepare, and it makes great use of the slow cooker's moist heat. You'll need the slow cooker since you'll be slow-cooking this cake.

- 1** Spray the bottom and sides of the slow-cooker insert with cooking spray.
- 2** Add the butter to a medium-size microwave-safe bowl. Heat for 1 minute on the microwave. Add 1½ cups chocolate chips and stir well. The chips will begin

to melt. When the butter is melted, stir evenly, so between until the chips are melted and the mixture is smooth.

**3** Using a wooden spoon or a fork, spread out in the sugar mix and vanilla extract. Add the eggs and mix well. Add the flour and mix until the batter is smooth.

**4** Pour the mixture into the slow-cooker insert and sprinkle the remaining ½ cup chocolate chips on top of the batter. Do not stir.

**5** Cover. Cook on high for 8 hours and 30 minutes. Turn off the cooker. Remove

and let the cake cool for 10 to 15 minutes before serving. Spoon the warm cake onto plates or shallow bowls. The center will be soft and "runny." Garnish with whipped cream, if desired.

APPROXIMATE NUTRITIONALS: CALORIES 400; PROTEIN, 20%; CARBOHYDRATE, 60%; FAT, 20%. (CONTINUED)

Karenly Mazzoni runs WOM! Delicacies, a soup development company in Miami. She has no authored two cookbooks.



- 1** Spray the bottom and sides of the slow-cooker insert with cooking spray.
- 2** Add the butter to a medium-size microwave-safe bowl. Heat for 1 minute on the microwave. Add 1½ cups chocolate chips and stir well. The chips will begin

# the perfect match

Make soup and salad combos a cool-weather standby

One of our favorite meal-soup pairings is the big-bowl version: a bowl of steaming soup and a simple green salad. Soups and salads are a natural—the combination of the protein and fiber vegetables is a pleasing contrast to the watery texture of the soup. Make them more of a meal by adding protein such as beans, children, or salmon to the soup. For a cold-weather meal, you get a double dose with a holiday twist.

Light and citrusy, the soup and salad combo is the cornerstone, while the soup adds, you can make the salad, and it's conveniently torn into another great meal.

Bisque Bowls are a second place to begin. The French-influenced chicken soufflé purée paired with pita bread with chicken feta dip, with cucumbers and

chili peppers and feta cheese, dried tomatoes and herbs in tender chicken bisque presented a very full of soup toppings. Everyone at the table can savor the quick soup to the taste. The fish soup has a fresh citrusy topping of black beans, dried cranberries, melon, and parmesan cheese (a possible without the chips of course) and the creamy grey fish of no topic!

We head to Europe for the second round, an updated classic bowl soup with a pan seared salmon and vegetables mixed. The soup of baked leeks, carrots, and red bell pepper is dressed top with a generous topping of crushed parsley, garlic, and lemon, and for a splash of flavor. The leeks give the soup its unique carbohydrates for energy plus folic acid, zinc, potassium, magnesium,itamin calcium, and iron. And that's before you add vegetables.

By Catherine Wilkins  
Photographs by Lee Chung



CEVICHE  
WITH LIME JUICE,  
ONIONS,  
BELL PEPPERS,  
CILANTRO,  
AND SPICED SALT

## CHICKEN TORTILLA SOUP

SERVES 4

ACTIVE TIME: 45 MINUTES

TOTAL TIME: 45 MINUTES

In this recipe, the jalapeño pepper adds flavor but isn't too hot. The heat in chili peppers comes from a compound called capsaicin, which you don't want on your fingers. So for maximum protection gloves when you remove the jalapeños (or chili beans) and chop them, food storage bags! Begin by removing the seeds, and slicing the pepper in half lengthwise. Then remove the ribs and seeds with a teaspoon, and wash the seeds to wash off gloves and your hands thoroughly when you're finished.

### INGREDIENTS

- 1/2 cup olive oil, divided
- 1 lb boneless chicken breasts
- 1 tsp cumin seeds
- 1/2 tsp cayenne pepper
- 1/2 cup jalapeño pepper, seeded and finely chopped (approximately 1 Tbsp)
- 1/2 cup green onions
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1/2 tsp chili powder
- 1/2 tsp ground coriander
- 1/2 (16-oz.) baguette chicken tortilla chips
- 1/4 (5-oz.) can black beans, drained
- 1/2 cup lime juice
- 1/2 cup chopped fresh cilantro

MAKES 4 SERVINGS.  
COURTESY: KATE BLACK BOOKS

### How to prepare

- 1. Heat oven to 400°. Cut chicken breasts into 1/2-inch cubes. Toss with 1/4 cup olive oil, cumin, cayenne, jalapeño, green onions, and salt.

2. In a soup pot over medium heat, add 1/2 cup olive oil. When it's hot, add the chicken, reserving. Continue stirring until the chicken and onions are browned and cooked through about 10 to 12 minutes. Using tongs or a spoon, move the chicken to a plate. Set aside.

3. Add the remaining olive oil to the soup pot. Add the fish and jalapeño. Sauté until the fish is golden, about 3 minutes. Add the garlic, salt, black pepper, chili powder, and cumin. Cook an additional minute. Add the broth, dried tomatoes, and corn. Bring the soup to a simmer and cook just until covered. (About 8 to 10 minutes until the corn is tender.)

4. Add the soup cubes, sliced chicken, tortilla in a bowl and garnish with the toppings.

5. Arrange the chips, avocados, and cheese on a plate.

6. To finish the soup, add the shredded chicken, lime juice, and cilantro. Stir to combine.

7. Serve the soup by ladling it into bowls and garnish the toppings.

ADDITIONAL INFORMATION: VARYING PER SERVING:  
CALORIES: 450 (without tortilla chips);  
480 (with tortilla chips). PROTEIN:  
40 g (without tortilla chips); 45 g (with tortilla chips). FAT:  
16 g (without tortilla chips); 21 g (with tortilla chips).

## MIDDLE EAST SALAD

### WITH LIMA BEANS, CUCUMBER AND BLACK BEANS

CHEF'S NOTE:

ACTIVE TIME: 20 MINUTES;  
TOTAL TIME: 30 MINUTES

Lima beans (pronounced *lime*) are not at all a vegetable with a fresh taste and pleasing crunch. Can i find peasant. Try dried beans or water chestnuts for a similar crunch. Use rubber gloves when

slicing jalapeños, so you won't be hot. Take a cold lime first. Cuban beans? Add a lime juice. For eye protection, try cutting the jalapeños roughly the same size as the black beans, about 1/4 to 1/2 inch.

### Salad

- 1 head romaine lettuce, washed, dried, and chopped (1 lb weight)
- 1/2 cup peeled, washed, and dried tomatoes
- 1/4 cup peeled and diced onions
- 1/4 cup peeled, washed, and dried corn kernels
- 1/2 (16-oz.) can black beans, drained and rinsed

### Lime Cilantro Dressing

- 1/2 cup fresh lime juice
- 1/2 cup mayonnaise
- 2 tsp. honey
- 1 small fresh jalapeño pepper, seeds removed, finely chopped (about 1 Tbsp chopped)
- 3 Tbsp fresh cilantro leaves
- 1/2 tsp salt or to taste

1. Place chopped romaine on a platter and top with cucumber, onion, tomatoes, and black beans.

2. To make the dressing, add the lime juice, oil, honey, jalapeño, cilantro and salt to a blender and blend until creamy.

3. Just before serving, pour the dressing over the salad and gently mix.

ADDITIONAL INFORMATION: VARYING PER SERVING:  
CALORIES: 150 (without beans); 180 (with beans). PROTEIN:  
4 g (without beans); 6 g (with beans). FAT:  
10 g (without beans); 12 g (with beans).

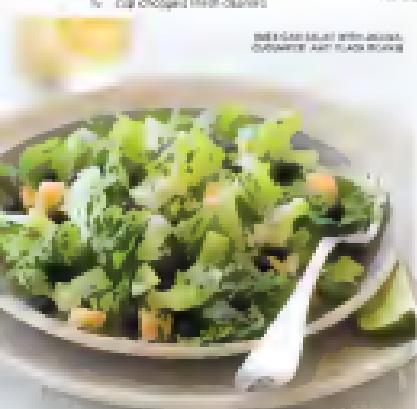
## LEMONY LENTIL SOUP

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 1 HOURS

Unless most legumes, beans don't need to be pre-soaked. If they do, they soak relatively quickly. This lentil soup goes to unexpected levels from fresh lemon juice and a slightly pungent jalapeño, which are added at just before serving. Ladle when it's piping hot and serve with a illustrated *Imperial French Baguette*.





• 100 •

- 12. magi drove on
- 13. medium cover dried
- 14. trk. washed out and thirty-three sum all had brought never put in
- 15. large parents, pair of small-sized parents below w. nests
- 16. extremely slender songbird 1/2 analytic
- 17. cups brown less in colored
- 18. rings wider
- 19. two leaf
- 20. tail striped 1/3rd & 2/3rd. bright yellow
- 21. They measured French parsley dried
- 22. plus one curved formations with faces
- 23. top hemlock tree
- 24. Fox avoided sparrows
- 25. Upper French lemon juice
- 26. top end of 10' tall h
- 27. has extremely spiny black papaya  
or so-called

1. In a 3 quart or larger soup pot, heat the oil over medium heat and add the onions. Saute until the onions are translucent (8 to 10 minutes). Add the leeks and cook until each slice is translucent (8 minutes more).
2. Add the carrots, celery, beans, water,

- While the soup simmers, make small cubes of mozzarella and the remaining 1/3 cup parmesan cheese and garlic salt until
- When the ham is tender, remove the bay leaf. Add the lemon juice, salt, and pepper. Taste and add more salt if needed. As the final touch, stir in the parmesan-garlic mixture. Serve hot, ladled over bowls.

представлять на заседаниях по  
статьям, где указана эта форма  
документа. В частности, в п. 46 из  
указанных лиц отсутствуют, пред-  
ставители ФСБ.

## SEARED SALMON AND WATERCRESS SALAD WITH LEMON-MUSTARD VINAIGRETTE

11:00-12:00  
ACTIVITIES, 2016-17  
1000, 1001, 1002

Hot served edamame is served over a ribbons tea sample salad of wakame, cucumber and red radish all dressed with a honey mustard and lime dressing.

Loren Eberle-Sinatra

- 3. Type I error rate (alpha)
- 1. Type II error rate (beta)
- 2. Sample size
- 4. Type III error rate (omega)
- 5. True effect size (delta)
- 6. True variability (sigma squared)

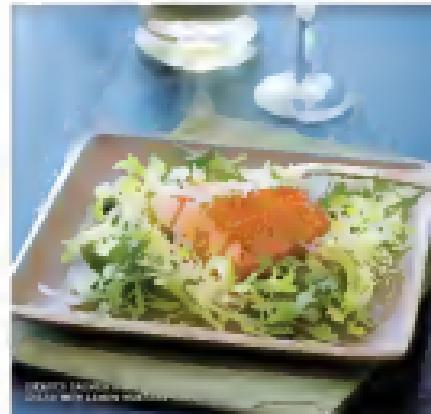
References and Related

- **Benthic environment** (abund. organic material and sand)
- **cage traps** (either **vertical** or **horizontal**) situated **sand**, **water** and **forest** **tree** **places**
- 1. **inhabitant** **passed** **between** **several** **and** **many** **in** **the**
- 2. **no** **predators**, **mostly** **sleep**
- 3. **gut** **content** **of** **ca.** **80%**, **skin** **and**
- 4. **100** **gill**
- 5. **100** **territory** **around** **both** **paper** **or** **leaves**
- 1. **fish** **canada** **at**

- 1 Prepare the vinaigrette: Whisk together the lemon juice, mustard and honey in a bowl. Add the olive oil and whisk until the dressing emulsifies. Add the salt and pepper now, and add more if desired. Set aside.
- 2 Toss the salad: Remove any large stems from the romaine (Romaine hearts are fine). Dress it deliciously by making a few

cooker stove through the whole body. In a large container the marinade will be done at least one minute and add onion, Coors and margarine until ready to serve. If you want to serve perfect the corn, to 35°F. Heat it fully over-proof dishes such as casseroles over medium high heat. Season the fish side of the salmon with salt and pepper. Add 1 Tbsp oil to the pan and place the fish flesh side down on the skillet. Cook undisturbed over lightly browned 1 to 3 minutes. Carefully flip a spatula under the fish and turn over. Cook the next well. Transfer the salmon to the oven to finish cooking approximately 4-6 minutes or until the fish is opaque throughout from well done.

■ Decide the initial area has saturated  
water. Then it's wise because for the next



(the shillies) were the owners of each place, one top of the other! When the manager ate and spoke, generally over the fish and greens,

APPENDIX B: NUTRIENT NEEDS FOR VARIOUS  
AGE-SEX GROUPS IN DOMESTICATED HOGS  
AND THE (PIG) GROWER-CHITTERLAR.  
Source: USDA, 1974.

Catherine Whitehorn, a privately-qualified teacher,  
author of *Reading the Salad Bar*

# Seeing Stars

Hannaford introduces nutrition shopping made simple

BY KELLY PERINSON AND KETTY BARDWIEK, RD, RD



**Everyone can eat healthy, even on a budget.** © 2009 Hannaford Bros. Co., Inc.

**W**ell, we're a healthy lifestyle, but don't always have the time or the patience. Or the knowledge. That's what makes Hannaford's *Guiding Stars™* (patent pending) so appealing. The navigation system helps you find foods throughout the store that give you the most nutrition for the calories.

**Sugarcubes for Smart Choices**  
In an ideal world, we'd eat nutritious foods on the basis of a well-balanced diet, but keeping up with what's nutritious and what's not can be overwhelming — even overwhelming.

"We were so far part of the solution by making it easier for shoppers to find foods with the most nutrition per calorie."

**says Julie Cervone, Hannaford's Director of Healthy Living. "We want to help them decide which products are right for them."**

According to Cervone, Guiding Stars is the first statewide navigation system that weighs both the positive and negative attributes of almost all edible items on the shelves.

## Working Together

Hannaford set out to design an easy way to cut through complicated nutrition information based on feedback from shoppers. You tell us what you'd like to eat at your local Hannaford, and we'll make it easier for you to find the right foods for your family.

The result: a Guiding Stars system in

help you quickly choose good food choices while at the same time helping to instill shopping confidence and reassurance.

Guiding Stars is based on the best information out there. In designing the program, Hannaford consulted with a panel of experts from top universities. Their extensive pool was in turn drawn from their in-house team of 17,000 foods carried by Hannaford.

The advisory panel also leveraged research from leading national and international health organizations, including the U.S. Food and Drug Administration, the U.S. Department of Agriculture, the National Academies of Science, and the World Health Organization.

Analyzing items that Hannaford carries is ongoing, because new products are always being introduced to the shelves. Currently more than 6,000 foods throughout the store have earned stars.

## How It Works

Under the Guiding Stars approach, which is found only at Hannaford, foods are credited for vitamins and minerals, dietary fiber and whole grains, and defined by seven key acids, saturated fat, cholesterol, and added sugars and sodium.

Guiding Stars uses a good, better and best ranking. Foods with three stars have the most positive attributes and the least negative. The number of stars assigned is based on the foods' total score.

## Just Check the Shelf Tags

As you shop at Hannaford this fall, you'll notice the new Guiding Stars signs on the shelves — a silhouette of a runner accompanied by red, yellow and green stars. Look for the symbol to quickly and easily find foods that offer the most nutrition for the calories.

## LET THE STARS GUIDE YOU

If you see the stars on the Coding Star it means that item has:

More	Less
Vitamins	Steviated Fat
Minerals	Trans Fat
Fiber	Cholesterol
Whole Grains	Added Sodium
	Added Sugars



Green



Yellow



Red

### Shopping Smarter

It's easy and fun to use Coding Stars when you shop for groceries. Some departments like Produce will have lots of colored choices because almost all fruits and vegetables are naturally packed with fiber. Other sections will have fewer items since these areas are relatively high in sodium and added sugars whether they need it or not.

You can use the Coding Stars system to make quick and easy comparisons of foods within a category. For example:

- The stars will help you determine which cereals have less added sugars and more whole grains. General branched wheat and total whole grain cereals have earned stars for low sugar and high fiber.
- When it comes to meat, look for Coding Stars to help you find cuts with less processed fat and cholesterol. Lean beef, pork, chicken, turkey and seafood have earned stars. Unprocessed poultry is also a good option.
- Coding Stars on the dairy will tell you which bread choices have less fats and added sugars and more whole grains. Other bread choices are low-in-sodium and whole wheat pita.

If the shelf tag has no stars, it simply means one of the following two things:

1. The food doesn't meet the nutritional criteria for a Coding Star.

Or course, you can still enjoy these foods. Nobody is expected to eat all natural foods all the time. Just remember to balance the foods you love with a healthy active lifestyle.

You can always read the Nutrition Facts panel and ingredients list on each item to help you make informed choices that work best for you and your family.

- 2. The food is not even labeled with added sugars, dried-sugar substitutes, baby foods, and fats and oils are not listed by Coding Stars.

### Eating Smarter

The new Coding Star shelf tags are designed to make the right food choices stand out — which are: always clear when you shop on an empty stomach. Choosing a good meal, for instance, can be quite

challenging. Consider these snack options for both children and grown-ups:

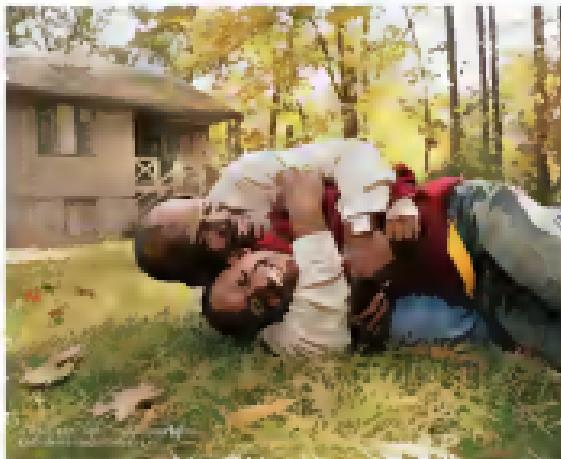
- Fruits (fresh and dried)
- Whole-grain crackers
- Cut vegetables (such as baby carrots and celery)
- Smoothies and dips (all natural protein, butter, bananas)

When you're picking up popcorn, pretzels, nuts and yogurt, the shelf tag can help you eat in more good choices. If you want a yogurt with less fat and sugar, for example, just compare the Coding Star shelf tags.

### Cooking Smarter

In addition to buying nutrient-rich foods there's always a way to make your favorite recipes better for you. Use mostly cooking spray instead of butter for greasing pans and roasting foods. For ground beef 90 percent lean is a good choice.

Focus on actively modifying what you can use with instead of bacon and cream, and still get flavorful, mouthwatering dishes. Use whole-wheat products when possible. For added flavor in sandwiches and pasta dishes:



Here are some easy recipes that meet the Diabetes Diet criteria for nutrients per calorie. They were developed by the American Diabetes Association, which has more recipes along with meal planning and cooking tips at [www.diabetes.org](http://www.diabetes.org).

## APPENDIX: RECIPES

### CHICKEN



You can add anything you want to spring rolls to make them unique. By adding finely diced chicken, we had ours filled with shredded chicken, our fried rice cubes, chopped shrimp, or shredded pork for a protein focus.

- 1 cup bean sprouts, rinsed, drained and shredded
- 2 cups finely shredded boneless chicken
- 1 cup egg roll wrappers (6 inches)
- 1 teaspoon liquid egg white
- 1 cup fresh bean sprouts
- 2 cups finely shredded boneless chicken
- 1 cup egg roll wrappers (6 inches)
- 1 teaspoon liquid egg white
- 1 cup light sugar free syrupy preserves
- 4 tsp sesame oil
- 1 Tbsp. light soy sauce
- 1/4 tsp red pepper flakes

1. In a large bowl, toss the bean sprouts, carrots, eggplants, bone sprouts, and cold light soy sauce and 1/4 syrupy preserves.  
2. Soak one egg paper skin in warm water until softened about 30 seconds. Lay the soft paper skin flat. Place 1/4 portion of the vegetable mixture in the center of the soft paper. Fold the left and right sides over the middle until about one-third left paper from the bottom to form the roll. Repeat for remaining two papers. Set aside.  
3. In a small bowl, combine the remaining ingredients in a small measuring cup over high heat. Bring to a boil, stirring constantly. Boil for two minutes. Serve cold spring rolls with warm sauce dipping.

**AMERICAN DIETARY GUIDELINES FOR SERVING THE CALORIES PER CARBOHYDRATE: TO PROTECT YOUR HEART, EAT CARBOHYDRATE-RICH MEALS WITH 30 GRAMS**



A HIGH-FIBER DIET IS ESSENTIAL TO HELP YOU MANAGE YOUR BLOOD SUGAR LEVELS.

### LONDON CHICKEN STUD-FITTY\*

(4 Servings)



Stir-fry dishes are a favorite because they cook up fast and make a colorful presentation. This healthy version can be endlessly varied just by changing the mix of vegetables/vegetables.

- 1 cup unpeeled matchstick carrots
- 1 cup unpeeled julienned zucchini
- 1/2 cup cornstarch
- 1/2 tsp sugar juice or dry sherry
- 1/2 cup light rice vinegar
- 1/2 tsp chili garlic oil
- 1 chicken breast, boneless skinless (1 lb.) sliced on crosshatch grain
- 1/2 cup vegetable oil
- 1 lb. button mushrooms, cleaned, cut into slabs
- 2 green onions, cleaned
- 4 cups raw high-fiber vegetables such as green beans, fresh cauliflower, carrots and peppers, fresh carrots, green peas, broccoli
- 1/2 cup of 2-pounds Edipal

1. For lemon juice: in a small bowl, mix the vegetable broths or maps, lemon juice, cornstarch, apple juice or sherry, soy sauce, chili sauce, and basil seeds or granules until smooth. Set aside.  
2. Heat oil in a wok or frying pan over medium heat. Cook and mix chicken and garlic until chicken is no longer pink, about 10 minutes. Remove from pan, keep warm.  
3. Add vegetables. Cook and stir about three minutes or until heated through.

4. Return chicken to the pan and stir once more to coat in the heated and thickened flavor. Enjoy. Serve over rice if desired.

**AMERICAN DIETARY GUIDELINES FOR SERVING THE CALORIES PER CARBOHYDRATE: TO PROTECT YOUR HEART, EAT CARBOHYDRATE-RICH MEALS WITH 30 GRAMS**

\*This recipe is provided by Edipal.

### LIGHT BLACK-EYED PEAS

(SERVES 4)



Black-eyed pea have 6 grams of fiber per 1/2 cup. A high fiber food contains 5 grams or more of dietary fiber per serving.

- 1/2 lbs. edipal
- 1 green bell pepper, sliced 1 inch strips
- 2 green onions, sliced
- 1 can black eyed peas (16 oz.) drained and rinsed
- 1/2 cup drained red pepper flakes

1. Heat oil in a large nonstick skillet over medium high heat. Add the green pepper and sauté for approximately 10 minutes. Add garlic and sauté 30 seconds.  
2. Add the black-eyed peas and red pepper flakes and sauté 3 to 10 more minutes.

**AMERICAN DIETARY GUIDELINES FOR SERVING THE CALORIES PER CARBOHYDRATE: TO PROTECT YOUR HEART, EAT CARBOHYDRATE-RICH MEALS WITH 30 GRAMS**

# Mediterranean Fare in a Flash

Two ways to a quick, satisfying meal

BY CAROLYN FERREIRA FOX PHOTOGRAPH BY RANDI PETERSON

**A** s a nutritionist, you might tend to savings in saturated subsidies, cutting meat, and desserts with a satisfying alternative. There's a menu that pleases just about every palate with a dash of healthy wisdom: roasting, many unusual ingredients, and more variety for time-saving convenience.

What's more, the Provincial Fish now can be prepared in under two hours on the stove top in a single pan or with Hamakraft's new Microwavable Smart Bags. Although they operate on a simple premise — microheating your microwave oven into a new species of versatile pots and pans — these plastic bags have the potential to change your life — your life in the kitchen, anyway.

This is not one of a new technology that actually extends enjoyment. Not only do these bags enable you to prepare a dinner starts or a variety of other dishes in a relatively short time, they do it without the slightest compromise on flavor quality or nutrition. Whether in quiche and potato casseroles, the disposable bags (easy cleanup!) can be used to prepare and store meals or addins: instant potatoes, soups without fat or salt, maintain the flavor and moisture of seafood, and cook frozen meat in just a few minutes. Keeping prep mean. Unlike most cooking equipment, they move conveniently to a dinner.

Whether you're using the bags or not, this dish will need comes together quickly:

1. Start with the Hot Tomato Bruschetta. Prepare the tomato bruschetta and add the dates. Then place the on a pan that you've lined with foil, and set aside.
2. Next, slice the zucchini and keep them in covered container until dinner time.
3. Prepare the Herb White Bean Dip. After you open the can of beans, the

marinade and season are simple enough to let a child do the work, and children often enjoy helping with dinner. 4. Arrange a platter with toasted baguette slices, chicken or sliced hamster, and an apple dip to let the flavors blend. 5. Cut up the fish for the stew and cook it in a skillet or a microwavable Smart Bag. 6. Place the dates in the oven to broil, and your meal will be complete.

## HOT TOMATO BRUSCHETTA

SERVES 4  
ACTIVE TIME: 10 MINUTES  
TOTAL TIME: 10 MINUTES

A welcome change of pace from your cream-based dips and hummus, this white bean dip is easy, healthful, and especially savory. Mix the herbs according to your liking; add marinated red pepper strips.

(PHOTO: RANDI PETERSON)



for more color, spread on a sandwich or even mix a few sprouts into a pot of soup. For marinated goat's cheese, it's available in the Produce Department... just check your dairy aisle.

- 1 10 oz (250g) button mushrooms, sliced and cleaned
- 2 Tbsp olive oil
- 1 Tbsp (or 2 Tbsp) fresh lemon juice
- 1 clove crushed garlic, optional if raw
- ½ tsp dried mint or 1 tsp fresh
- ½ tsp dried basil or 1½ tsp fresh
- ½ cup crumbled feta cheese
- ½ tsp salt, or to taste
- ½ tsp freshly ground black pepper, or to taste

Basil leaves, chives, or sliced radishes  
Parsley leaves for garnish (optional)

1 Place the beans in a bowl with the olive oil and basil juice. With a potato masher or back, mash until a coarse mixture (this is not a puree).

2 Add the garlic, mint, basil, feta cheese, salt and pepper. Mix to combine. Check for seasoning and add more salt or pepper if desired.

3 Serve in a bowl at room temperature with baguette slices, crostini, or sliced cucumber. For a more elegant presentation, spread on baguette or cucumber slices and garnish each with a parsley leaf. Keep refrigerated, up to a sealed container, refrigerating, for up to three days.

**APPETIZERS FOR INVITATIONS, VARIATIONS ON A UNIVERSAL FISH CLASSIC** (see accompanying recipe) SERVE WITH LIMA BEANS AND RICE, MUSHROOMS, SWEDISH HERRING, OR CHIPS

#### PROVENCAL FISH STEW

MAKES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

Taking a few liberties with French tradition, this light, healthy stew has a surprising twist from the capers and cayenne which can be balanced with a spoonful of Parmesan cheese. It's an under-cooking one-pot



PROVENCAL FISH STEW

scope and, in the unlikely event that there are leftovers, a robust bowlful.

**MARINATED GOAT'S CHEESE** can be made and kept (with a touch of sugar)

- 1 lb (500g) goat's cheese, soft, not hard or blue-veined
- 2 Tbsp olive oil
- 1 clove crushed garlic, optional
- 1 ½ lb (700g) fresh baby carrots, unpeeled
- ½ cup lemon juice
- ½ cup dried rosemary
- ½ cup whole-wheat or Italian bread
- ½ cup dried thyme
- ½ cup dried tarragon
- ½ cup dried basil
- ½ cup salt, or to taste
- ½ cup finely-ground black pepper, or to taste
- ½ cup dry white wine

#### FISH STEW

MAKES 4 SERVINGS

1 lb (500g) fish fillets (see note)

2 In a large, heavy skillet, heat the oil over medium heat. Add the garlic and ring until softened. 1 to 2 minutes. Add the remaining bay leaves, oregano, mint or French tarragon, marjoram, thyme, salt and pepper (use to taste) and the herbs. Add the wine and cover the skillet. Simmer for 2 minutes.

3 Add the fish and simmer, covered, over low heat for 2 minutes.

4 Check for seasoning, add additional salt and pepper if desired. If the sauce tastes too acidic, add sugar.

5 Sprinkle the stew with fresh basil. Top each serving with 1½ tsp Parmesan cheese, if desired.

**Variation**

**ACTIVE TIME:** 4 MINUTES  
**TOTAL TIME:** 10 MINUTES

**Hummus-and-Mozzarella-Stuffed Log**  
makes the fish easy with pressure-cooking speed.

- 1 Place all ingredients, except cheese, in a large Micromaxxable Stuffed Log. Place the log in a microwave-safe bowl or place it under mineral lime the oven roaster.
- 2 Stir gently to coat the fish and tomatoes with the herbs.
- 3 Seal the log and microwave on high for 4 minutes.
- 4 Let the log cool for 1 to 2 minutes.
- 5 Unroll and use the sea salt seasoning, adding salt, pepper, and sugar if needed to balance the acidity.
- 6 Divide the sea salt from each log into two equal portions. Wrap each portion with 1/2 cup Parmesan cheese, if desired.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING**  
PER LOG: 160 CALORIES, 10G PROTEIN,  
10G CARBOHYDRATE, 10G FIBER,  
10G TOTAL FAT (1G SATURATED, 1G MONOUNSATURATED,  
8G POLYUNSATURATED).

Dinner for one: 400 cal.

**HOT DATES SPICED**

**SERVES 4**  
**ACTIVE TIME:** 10 MINUTES  
**TOTAL TIME:** 10 MINUTES

The contrast of cool, pacy orange slices and hot, rich, spicy dates is great this autumnal treat. Basically spiced and studded simply sweet, this date dessert is simple — if a little sticky — to prepare and an absolute treat to finish under the broiler or even in a toaster oven. Leftover studding can be used with additional dates, or as a spread for bagels.

- 1 logu, whole dried dates pitted
- 1/2 cup finely minced peach
- 1 (3 oz.) package cream cheese
- 1/2 cup cinnamon
- 1/2 cup orange
- 1/2 cup cloves
- 1/2 cup chopped pistachio almonds, or macadamia nuts

**1 Total Brown Sugar**

2 cups sugar, each dried peach wedges  
1/4 cup (1/2 stick) butter

- 1 Using a standard oven, preheat the broiler. Line a microwave pan with foil. Lay the dates on the pan.

**2** In mixer in a bowl. Add the cream cheese and mix with a fork or wooden spoon until soft. Add the cinnamon, orange, cloves, and nuts (if enough) mixing well to combine.

- 3 Roll the cream cheese mixture into the dates. Sprinkle the dates with brown sugar.

**4** Broil for about 2 minutes. Looping switch. When the sugar is melted and bubbly removes from the oven and cool slightly. Serve on dessert plates with fresh orange wedges per plate.

**APPROXIMATE NUTRITIONAL VALUES PER SERVING**  
PER LOG: 160 CALORIES, 10G PROTEIN,  
10G CARBOHYDRATE, 10G FIBER,  
10G TOTAL FAT (1G SATURATED, 1G MONOUNSATURATED,  
8G POLYUNSATURATED).

**Candied Dates** For a faster dessert just add dried cherries!



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## Easing Into Autumn

As we cozy up to the notion of shorter days, cooler temps, and hibernation help us welcome more full-bodied wines to complement the autumn flavor profile. During fall you can "comfort eat" with apples—especially when they're served with root-park cheeses and fruit (page 18); but you'll positively swoon over if they're also served with the right wine.

To highlight the apples and park-park's warm "flair," try a wood-<sup>1</sup> I recommend **AVANTAGE** THE CHAMP JUMP RED, an Australian Cabernet/Shiraz blend that's lush and fruity but one that serves wine-drinker rally appetites.

When you are apple at a new dish, such as the fresh brined Apple and Pear Crostini (page 128), be sure to pour a little **Autumn Harvest** Rosé to complement your tongue. It even complements some **Gorgonzola** served on the side. Rosé also pairs well with **Cantaloupe**, **Chardonnay**, and **Cheddar** cheeses.

To accompany fish, I favor chardonnay. For the **Smoked Salmon and Watercress Salad with Lemon Infused Vinaigrette** (page 107) it's **Chateau Ste. Michelle Chardonnay**. From Washington state, it's balanced and not too "oily."

White grapes are often the first sign that fall has arrived, and it's a good time to serve white wines that aren't too young (page 10). For the **New England Roasted Chicken** (page 24), consider bottles from Ridge, a region whose unique white underscores the game in the dish. **Wine Purist** works as both of Musk sherry and vanilla in my top three.

What about those occasions when you're short on time but you still want to pick up a good wine? Look to our wines of the month. They're handpicked, exclusive wines—and are always a tremendous bargain.

— Tim Hinson,  
Plummed Fine Wine Buyer



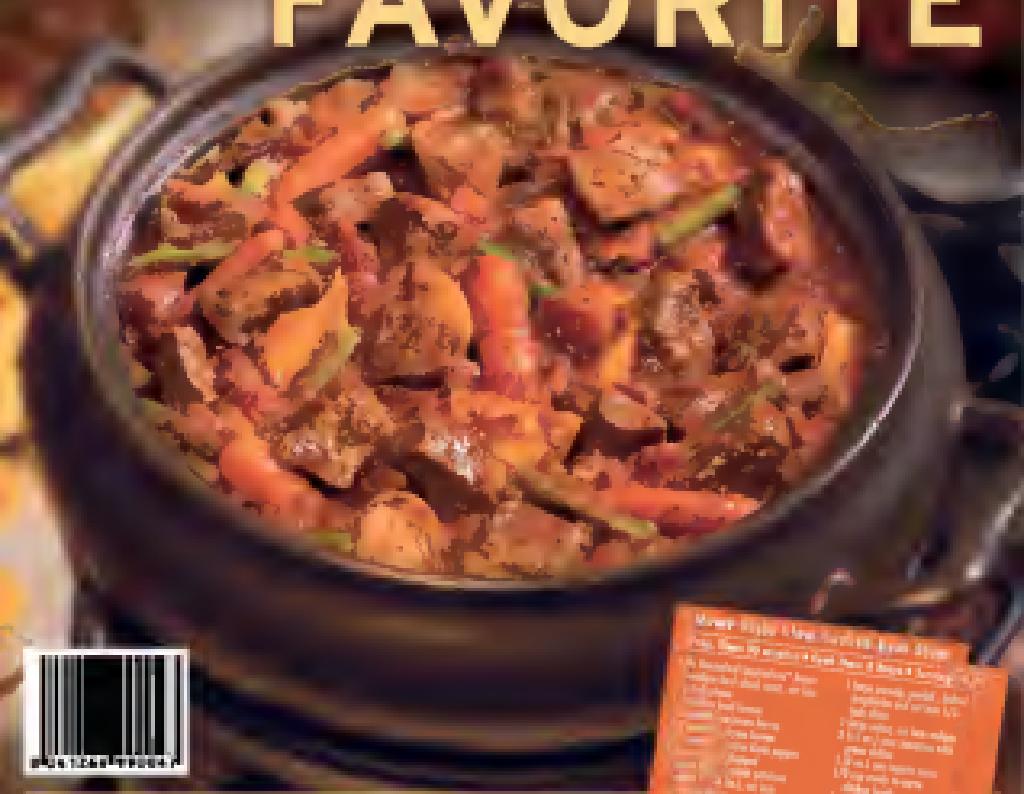
# Wine of the Month

a simple way to find a great bottle

Our experts taste hundreds of wines from around the world and hand pick their favorites to feature exclusively at Hannaford. The best part—these amazing wines are an exceptional value—only \$10 a bottle or less!®

Come discover this month's gems, perfect for sharing with family and friends—but come early 'cause when they're gone, they're gone!

# A FAMILY FAVORITE



Get a tender, juicy Homestead Inspiration™ Angus® Roast, and bring home a today-easy-to-prepare dinner tonight! It's simple to create a warm and hearty meal full of mouthwatering flavor when using the top 20% of all Angus beef. For a delicious way to enjoy beef dinners, choose Homestead Inspiration™ Angus!

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